

TRIPLE MAGNESIUM

PROFESSIONAL RECOVERY POWDER



TRIPLE MAGNESIUM PROFESSIONAL RECOVERY POWDER features three select forms of bioavailable magnesium providing a multi-action support for neuromuscular function and recovery. Magnesium is also used to support the recovery phase after physical activity, including muscular aches, pains, cramps and spasms.



Three specific forms for absorbability



Supports muscle health



Reduces muscle cramps



Enhances bodily adaption to stress



Relieves sleeplessness



Supports nervous system health

DELIVERY SYSTEM

200 g powder (40 doses)

DOSAGE

One (1) x 5 g scoop per day or as directed by your healthcare professional.

DIETARY INFORMATION

Free from gluten, dairy, nuts, egg & sugar. Contains soy derived substances.

VEGAN

Each 5 g serving contains

Magnesium citrate	323.6 mg
equiv. elemental magnesium	50 mg

Magnesium amino acid chelate	1050 mg
equiv. elemental magnesium	210 mg

Magnesium glycinate dihydrate	427.35 mg
equiv. elemental magnesium	50 mg

Total elemental magnesium	310 mg
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ROLE OF MAGNESIUM FOR ATHLETES

▶ BEETROOT EXTRACT

ENERGY | CARDIO | PLANT | RECOVERY

Beetroot extract contains a special combination of compounds not found in many other foods. Beets have been linked to a huge range of benefits, notably cardiovascular health and blood sugar support.

▶ MAGNESIUM CITRATE

MUSCLES | BIOAVAILABILITY | MINERAL

Magnesium citrate – an organic form of magnesium – is a great base for magnesium supplementation protocol due to greater solubility and bioavailability in comparison to inorganic forms.

▶ MAGNESIUM AMINO ACID CHELATE

MUSCLES | ABSORPTION | MINERAL

Excellent bioavailability and absorption due to being bound by amino acid protein pathways. Chelated magnesium can be delivered to parts of the body that other forms do not penetrate due to the absence of the bound amino acid.

▶ MAGNESIUM GLYCINATE DIHYDRATE

MUSCLES | SLEEP AID | MINERAL

High absorbability. Magnesium glycinate dihydrate is bound the amino acid Glycine. Glycine works synergistically alongside many neurotransmitters – like GABA – to promote and help relieve sleeplessness.



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PILLAR
PERFORMANCE